WHAT IS CLAIMED IS:

1. A method for forming a frame of data, comprising:

determining an outer quality metric in accordance with a plurality of information bits;

determining at least one inner quality metric in accordance with a group of information bits; and

forming the frame comprising at least the plurality of information bits, the outer quality metric, and the at least one inner quality metric.

2. The method of claim 1 wherein the determining at least one inner quality metric comprises:

determining a number of groups of information bits to be recovered, each of the groups having an inner quality metric associated therewith; and

determining each of the inner quality metrics in accordance with the associated group of information bits.

3. A method for recovering at least one group of information bits in a received frame of data, comprising:

recovering the at least one group of information bits when an outer quality metric indicates that the frame has been received correctly; and

recovering the at least one group of information bits when an inner quality metric corresponding to the at least one group of information bits indicates that the at least one group of information bits in the frame has been received correctly when the frame has not been received correctly.

4. The method of claim 3 wherein the recovering the at least one group of information bits when an inner quality metric corresponding to the at least one group of information bits indicates that the at least one group of information bits in the frame has been received correctly comprises:

determining a number of the inner quality metrics;

determining, for each of the number of the inner quality metrics, whether a group of information bits corresponding to the inner quality metric has been received correctly; and

recovering the at lest one group of information bits, which were determined to be received correctly.

5. A apparatus for forming a frame of data, comprising:

a processor; and

a storage medium coupled to the processor and containing a set of instructions executable by the processor to:

determine an outer quality metric in accordance with a plurality of information bits;

determine at least one inner quality metric in accordance with a group of information; and

form the frame comprising at least the plurality of information bits, the outer quality metric, and the at least one inner quality metric.

6. The apparatus of claim 5 wherein the processor determines at least one inner quality metric by executing a set of instructions to:

determine a number of groups of information bits to be recovered, each of the groups having an inner quality metric associated therewith; and

determine each of the inner quality metrics in accordance with the associated group of information bits.

7. An apparatus for forming a frame of data, comprising:

a processor; and

a storage medium coupled to the processor and containing a set of instructions executable by the processor to::

recover the at least one group of information bits when an outer quality metric indicates that the frame has been received correctly; and

recover the at least one group of information bits when an inner quality metric corresponding to the at least one group of information bits indicates that the at least one group of information bits in the frame has been received correctly when the frame has not been received correctly.

8. The apparatus of claim 3 wherein the processor recovers the at least one group of information bits when an inner quality metric corresponding to the at least one group of information bits indicates that the at least one group of information bits has been received correctly by executing a set of instructions to:

determine a number of the inner quality metrics;

determine, for each of the number of the inner quality metrics, whether a group of information bits corresponding to the inner quality metric has been received correctly; and

recover the at least one group of information bits, which were determined to be received correctly.